

## **Abstract**

**Title:** The Use of Physiotherapy in Spasticity Management

**Objectives:** The purpose of this thesis is to provide a summary of present findings on spasticity, with particular regard to its pathophysiological mechanisms and clinical manifestations, and to present an overview of medical and physiotherapeutic approaches applied in its treatment. Furthermore, it aims at making a research in physiotherapeutic methods and techniques used for reduction of spasticity. The thesis shall present relevant studies, provide their comparison and critically evaluate the effect of methods and techniques examined in them.

**Methods:** This thesis is a descriptive analysis based on a literature review.

**Results:** Based on the research findings, it may be concluded that physiotherapy has proven to be effective in reducing spasticity. However, it is not possible to determine whether the techniques to reduce spasticity are more effective than techniques without this primary purpose. The examined studies have shown that the choice of physiotherapeutic practices to reduce spasticity was not influenced by disease etiology. Moreover, the same techniques and methods were applied in pediatric and adult patients, regardless of diagnosis. The relationship between reduced spasticity and change in motor function is unclear and our research can neither reliably confirm nor refute it.

**Keywords:** spasticity, spastic paresis, upper motor neuron lesion, rehabilitation, physiotherapy, pharmacotherapy of spasticity, management of spasticity